



Fire Chief Dale Ekins

INSIDE THIS ISSUE:

Bugle Notes	2
CERT Trailer	3
Call Total	4
Featured Call	5
Wellness Program	6
Firefighter of the Quarter	7
Calendar	8

Team Change

I have noticed that we all get quite comfortable with our professional sports teams when they play together year after year and we get “used” to their strengths and contributions to our favorite team. They practiced together, traveled together, went through both the good times and the bad with wins and losses. They learned to count on each other. The coaches worked with each of them to strengthen their weaknesses and magnify their strengths to make the team a winner. I remember Stockton and Malone with the Utah Jazz and the length of their seasons together. It seems like everyone that played with those two were better basketball players than if they had played somewhere else. The winning attitude and motivation of these two players seemed to “rub off” on the other players and the franchise did well because of the whole team’s vision. The example and mentoring of Stockton and Malone seemed to be contagious and young players wanted to come to Utah to experience playing with these “super stars”. Utah was not the best market to play in because of the size of the fan base and the money potential for their compensation. But Utah still attracted good professionals because of the desire to play with Stockton and Malone.

When changes occur with our professional teams we get nervous and unsure about our support because we don’t know how the new team chemistry will turn out. Because of the draft system and free agency, there is no control over next year’s team. Coaching changes and personnel shifts are a part of the game and the owner’s goal is to win games. If they win, they make money and if they lose, they run the risk of losing money. They want to field the best team they can, whether they are veterans or young new players.

We are about to make some changes with our staffing and it is designed to make a positive effect on our department. This is a common practice among fire departments everywhere with some differing ways to implement this event. We are NOT making changes to punish or discipline anyone but to give some new experiences to our members. There are several reasons we are doing this.

- a) To give our firefighters a new perspective on our leadership with a different captain. Each of our officers has talents and abilities that differ from each other and that experience should enhance your experience as a firefighter.
- b) Most of our crews will have some changes with different personnel that will give our firefighters a change to work with other members. Each member has unique talents and personalities and I would hope that you will take advantage of helping each other in regards to mentoring job requirements and the social elements of living together.
- c) In time, we all are creatures of habit. Some habits are good and others seem to be a little lax. This is a good time to recommit to change some of our lax habits and work

a little harder to become the best firefighter/medic we can be (or whatever job we have).

We know that our leaders (officers) will take this opportunity to fully support this change and take the challenge to mold this new group of firefighters into a group of emergency responders that will do their job safely and efficiently for our public. If you move and if you don't, but receive someone new, you will become a new "family" as you train, respond, live and laugh together. Good luck with the new challenge as we support you in this new adventure.

Confined Space Training

If a catastrophic event were to happen in Lehi, departments throughout the city would work together to mitigate and handle the problem. Training with other departments is beneficial to ensure that we have the working relationships and knowledge to successfully complete tasks together. This month I had the opportunity to train with the water department on confined space awareness. With the help of Wes Winters from the water department, we coordinated training that would help departments stay up to date on policy and procedure when dealing with a confined space. All divisions within the water department were present and included the wastewater, secondary water, and culinary water divisions. Each division has specific tasks pertaining to water, and each one comes into contact with confined spaces on a regular basis.



Captain Tim Robinson



Our goal with the training was to keep safety the number one priority through education and hands on scenarios. Upon completing the classroom portion of the training, we had the water department set up a rescue scenario for fire response. The scene was set up to mimic a routine water department confined space entry, with appropriate entry equipment. A live patient was placed inside an underground vault through a manhole. The "real life" problem was the four feet of cold water inside the vault that our live victim was in. The details of the scenario were not given to responding fire units until dispatched. A timeline of the incident was taken to improve response and procedures if needed.

Station 82 C shift was dispatched to a report of a water department employee who fell 15-20 feet down a manhole, and was complaining of severe back pain. Upon arrival of the scene Captain Beck coordinated with Wes Winters (competent person) about the situation and received information regarding the confined space. Additional resources were requested (SRT level 2, neighboring agencies). Paramedic Morley was assigned as rescue



officer, and appropriate systems were put in place to remove the victim. Engineer Hales was the rescue entrant who swam inside to retrieve the victim. From the time of dispatch to the time it took emergency crews to get the victim out was approximately 22:00 minutes. We had an AAR of the incident with all members involved to answer questions and see where improvement was needed. Experience and a working knowledge of both departments was the product of this combined training. We will continue to add complexity and updates to these trainings to better serve departments, and the community.



Firefighter Ryan Kimball

EMS World Expo Las Vegas, Nevada

Recently Lehi Fire Department sent Paramedics Scott Wilbur and Ryan Kimball to EMS World Expo, formerly known as EMS EXPO, it is the largest gathering of EMS professionals in North America and features the largest EMS education conference, exhibit floor, and many networking opportunities. EMS Expo has provided EMS professionals with groundbreaking educational content, the best speakers, exciting and dynamic special events and the largest exhibit hall of EMS products and services anywhere. This 3 day conference provided much insight to the many areas and aspects of

job requirements and duties we perform. Some of the classes attended were: Pediatric Trauma, Difficult Airway, Seizure Management, Trends In Street Drugs And Abuse,

Pain Management, Congenital Heart Defects, Pediatric Sepsis, and more. Look for Department wide training to come in the near future based on the above topics that were attended. As we all know EMS and medicine is always improving and changing to better serve those we are called to attend to, which is all the more reason to keep up to date on current concepts and new equipment to improve our level of care. We are fortunate as a department to receive monthly EMS magazines that also aid in our understanding of these new concepts.

CERT Trailer

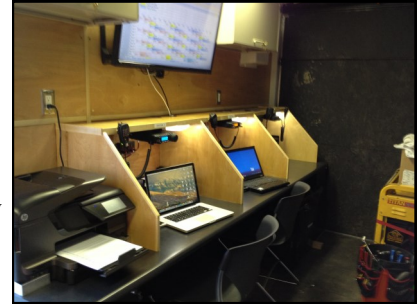


A combined effort with Lehi City Emergency Management, Lehi Fire Department, Lehi Community Emergency Response Team (CERT) and the newly formed Lehi Firefighter Rehab Assistance Team (FRAT) are proud to announce the implementation of the now operational CERT - FRAT mobile command and communications trailer. The trailer will be able to be deployed within a matter of minutes to be able to assist with communications, command center, firefighter rehab or disaster assistance. With funding from the Lehi Fire Department and Lehi Emergency Management and close to 1500 hours of volunteer time, experience and expertise have made this valuable asset available to the city of Lehi.

One of the amazing attributes of the trailer is its autonomous ability to function. Starting with two 180 watt solar panels feeding a bank of 6 volt deep cycle batteries and a 12 volt power supply and a 5000 watt inverter the trailer has been tested and so far is capable of operating on the solar system alone for over 12 hours. As a backup or for higher voltage requirements the trailer is equipped with a gas powered 5,400- Watt generator that supplies any electrical power needs the system may have.

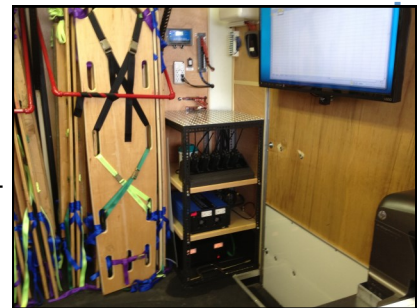
The communications operations of the trailer that is set up with Two Yeasu radios and a Kenwood radio that are each programmed with the proper radio frequencies to communicate with the necessary agencies in case of a disaster. Three radio stations are set to run on either 12v or 110v through the power supply as well as having motorized roof mounted antenna systems to maximize the transmission and receiving range of the system. Each station is capable of receiving on all state, county and city public service frequencies. Stations can transmit and receive on Ham, UHF, VHF and HF frequencies. To be able to communicate with other public stations all GMRS/FRS stations have been added in case the need arises. To be able to communicate with Fire, Police and other EMS systems the trailer is equipped with five 800 MHz radios that are consistently charged by the solar panel / battery system and are all programmed alike for ease of use and clear communications.

For the command set up of the trailer each station is set up with both 110-volt and 12-volt power and a laptop computer that is connected wirelessly and wired to an intranet with internet and phone capabilities. This will allow each station to communicate with each other as well as print to the color printer/scanner. This gives officials conducting a search for a lost child, for example, the ability to scan a photograph and quickly produce for searchers and media the necessary information. This also allows the capability of producing multiple copies of information and other items such as maps for search areas.



The trailer is also fitted with TWO 39" Monitors/TV's that can be used from the communication stations to display maps, photographs, spread sheets and status reports. One of the monitors is mounted to the back of the side man door so when it is open it can be viewed by a large group of people standing outside under three large king canopies for shelter and to be able to quickly disseminate information as needed.

The trailer is also equipped with thirty backboards thanks to Jacob Sump and his Eagle Scout service project that made the backboards safer to use with color coded safety straps, support braces and proper lifting hand holds. Other items available are triage equipment, first aid gear, and some nonperishable food and water. Wool blankets and quilts donated by team member John Sheely are available for warmth and to give to small children in case of family displacement.



A special THANK YOU to Chief Ekins, Chief Howard, Engineer Eddie Hales and FF/Paramedic John Hammond for believing in us and providing us a way to give back to the city we love. We hope we never have to use this tool that has been made available but in the case we do,

WE WILL BE READY

Thank you again from the LEHI CERT and FRAT TEAMS

Call Totals for the Month of September...

Station 81

Fire: 30
Medical: 76
Total: 106

Station 82

Fire: 24
Medical: 49
Total: 73

Featured Call

At 0204 hours on September 6, 2013, Engine 81 and Ambulance 81 were dispatched to a report of a hemorrhage at Motel 6. En route to the call Lehi PD requested we hold short until the scene could be deemed safe. When it was clear for us to respond in PD requested we expedite because the patient had suffered a stab wound.

The patient had been stabbed by a female with a box cutter type knife on his right arm on the inside crease of his elbow. (Antecubital site). The laceration was only 2 cm wide; however, it severed the patient's brachial artery.

Upon our arrival we found the patient sitting on the front curb, a Motel 6 employee was holding direct pressure with a towel over the wound. The scene was covered in blood and the towel the employee was using was soaked. The patient was conscious and stated the stabbing had took place inside his room on the third floor about 10 – 15 minutes prior to the 911 call being made. The patient had walked from his room to the elevator, went down, then exited through the lobby and made his way over to his vehicle. He then came back to the lobby where the employee noticed him and called 911. The patient had lost a substantial amount of blood along the way as was noted by Engine 81's crew as they surveyed the scene after A-81 left for the hospital.

Paramedic Clifford dressed the wound and took over holding direct pressure, the bleeding was spurting and would not subside. Simultaneously we performed a rapid trauma assessment revealing no other injuries and assessed his vital signs. We were not able to obtain a blood pressure, the patient did not have a radial pulse and his carotid pulse was very weak and thready. The patient was ashen in color and was in severe pain. He did not have feeling in his right arm below the site of the injury and he had no motor function. E-81's crew assisted with bandaging and setting up for an IV. The patient was loaded into A-81 and we transported him to the trauma center at IMC. En route a manual blood pressure cuff was placed above the stab wound and was used as a tourniquet but was found to be unsuccessful. Paramedic Hatfield placed a 14 gauge IV in his left AC and we began giving what ended up being a 2000cc fluid bolus. As the IV fluids started to flow the bleeding immediately worsened. Kerlix wrapped extremely tight was then used as a tourniquet which was more successful, decreasing the amount of bleeding. A total of 100 mcg of Fentanyl was given for pain control. A second means for delivering IV fluids was needed so Paramedic Hatfield established an IO in the patients right humerus and Lidocane was used as an anesthetic to numb the IO site. The patient's level of consciousness slowly was decreasing throughout transport but he remained alert.

We arrived at IMC and the patient was turned over to the Trauma Team. They had a difficult time stabilizing the patient, but, after several units of blood was given and the patient was intubated he was stabilized enough to go to the OR where he underwent surgery for a Brachial Artery Bypass. By the next day he was recovering well and had limited sensation and movement in his right arm. He was slated to be released in a couple days after the swelling subsided.

Engine – 81: Capt. Stanley, Eng. Walker, FF/PM Hatfield, FF Intern Sorensen

Ambulance – 81: FF/PM Clifford, FF/EMT Berendsen



Firefighter Shad Hatfield



Firefighter Brady Cragun

Lehi Fire Wellness Program Update

I am excited to be able to participate in this Wellness Program with our department and have been really impressed with the response so far. This seems pretty important to you and I want to just reiterate my commitment to help you get where you want to be. For those who are using the online tracker www.myfitnesspal.com I have been able to follow up with you and provide suggestions. If you have not been doing this, It is not too late if this is something that you still want to do. As you log your food, do not spend a lot of time entering in the exact information of the food.

The most important part is that I have the name of the food and how much you ate or drank. Email or call me if you have any struggles filling out the tracker. Good luck going forward. Here are couple health tips to keep you going strong...

SLEEP:

Firefighters can have a terrible sleep schedule, it just comes with the job. While you may not be able to always control if you can sleep all the way through the night, making sure you get plenty of rest will not only affect your mood, functionality and health, it will also give you the best chance to maintain a healthy weight and build muscle. WebMD explains this well...

"It's not so much that if you sleep, you will lose weight, but if you are sleep-deprived, meaning that you are not getting enough minutes of sleep or good quality sleep, your metabolism will not function properly," explains Michael Breus, PhD, author of *Beauty Sleep* and the clinical director of the sleep division for Arrowhead Health in Glendale, Ariz. On average, we need about 7.5 hours of quality sleep per night, he says. "If you are getting this already, another half hour will not help you lose 10 pounds, but if you are a five-hour sleeper and start to sleep for seven hours a night, you will start dropping weight."

If you do not sleep enough, your body secretes a larger amount of the hormone ghrelin. This is the hunger hormone. It tells you that you are hungry. Understandably, if we sleep less, we eat more. If we eat more, we gain more weight. If you are not getting enough sleep, take naps or go to bed earlier. You are not being lazy, you are just being healthy.

Workout Spotlight

Try this cardio workout routine...

*Warm up for 5 minutes

*20 seconds squat jumps -----20 seconds rest

<http://www.youtube.com/watch?v=CVaEhXotL7M>

*20 seconds lunge jumps -----20 seconds rest

http://www.youtube.com/watch?v=_zLTDUFjbXA

*20 seconds ski jumps -----20 seconds rest

<http://www.youtube.com/watch?v=zoeYTz5FKnw>

*Repeat 6 times

*Stretch

Firefighter of the Quarter

We are proud to present the name of Firefighter Steve Berendson for Lehi's Firefighter of the Quarter. In his nomination memo, his Captain, Robert Stanley has this to say:

"As a member of my crew, Steve can be counted on to perform and complete any assigned task on emergency scenes with no supervision. In the absence of a Paramedic, I have complete confidence in his ability to deliver the level of patient care expected by our organization.

Steve takes on the role of engineer in the absence of my regular driver. He does an excellent job and can be trusted to operate the apparatus in a safe and efficient manner.

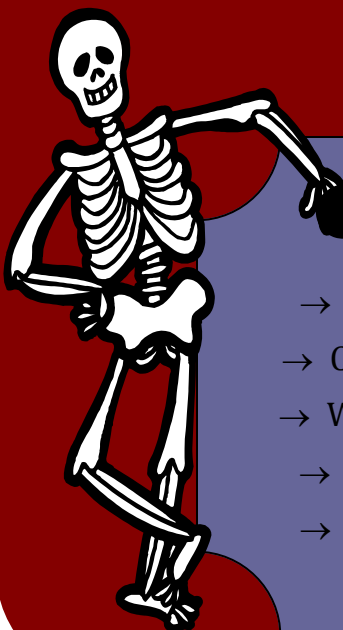
In the past year Steve has certified as a HazMat Technician and attended specialized Wildland Firefighting classes and took the opportunity last summer to represent Lehi Fire Department on several large wildland fires. Steve is also an active member of the North County Special Response Team lending his knowledge to assist with training of our crew.

I enjoy having the opportunity to work with Steve. He is a true asset to my crew and to Lehi Fire Department."

Congratulations Steve for a well deserved award!



Firefighter Steve Berendson




October Birthdays

- | | |
|-----------------------|------------------------|
| → Kerry Evans 10/02 | → Randy Wells 10/20 |
| → Cory Campbell 10/10 | → Scott Wilbur 10/23 |
| → Weston Adams 10/11 | → Clark Clifford 10/25 |
| → Kurt Walker 10/13 | → Justin Monson 10/29 |
| → Ryan Rieske 10/20 | |



October 2013



Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 5 Bountiful Baskets Food Co-op - station 81 & 82
6	7	8	9	10 Officers Meeting Station 82 8:00am	11 12 Bountiful Baskets Food Co-op - station 81 & 82
Fire Prevention Week					
13	14 Payroll New equipment Familiarization Training ST82	15 New equipment Familiarization Training ST82	16	17	18 19 Bountiful Baskets Food Co-op - station 81 & 82
20	21	22	23	24 New equipment Familiarization Training ST82	25 26 Bountiful Baskets Food Co-op - station 81 & 82
27	28 Payroll	29	30	31  Happy Halloween	